



Bearing gifts for sick klds

Students give stuffed bears to hospital.
Page 3

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Crowded behind bars

Animal shelters are overflowing after the holidays.
Page 5

MONDAY, JANUARY 18, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR - NO. 2

Quit smoking and get a big payout

By JANELLE SCHEIFELE

Interested in winning \$1,000?

The goal – to be smoke-free for six weeks between Jan. 20 and March 3.

The catch – you must currently smoke daily or almost every day, be a full- or part-time student and have a friend who is willing to support you.

This is the first year that Conestoga College has been involved with Leave the Pack Behind, a campaign to get college and university students to quit smoking. This program provides information to students about tobacco and cigarette smoking, the tobacco industry and second- and third-hand smoke. They also provide resources for friends and families of smokers so they can support them when they are ready to quit.

Registration began at the beginning of December and closes Jan. 19 at 11:59 p.m.

So far, Conestoga has had “four or five” people register but their goal is to have at least 50-60 people sign up.



PHOTO BY JANELLE SCHEIFELE

Ashtrays like this one outside Conestoga College could get emptier if students sign up for a contest to quit smoking where they could win \$1,000.

They hoped to get more participants the first week of January, during orientation week, said Chantelle Koeslag of Student Health Services.

Upon registration, students receive a “Quit Kit,” which includes a pen, ruler, support book, mints, a magnet and

notepad, all in a neat little drawstring bag or handy folder. However, there are also resources available for friends and family members who want to support them and also for people not yet ready to commit to quitting.

Participants are permitted to

use quitting aids such as the patch and are also encouraged to make use of helplines, support groups, local health units and campus counselling.

In order to qualify for the \$1,000 draw at the end of the contest, participants must quit smoking and remain

smoke-free for the entire six-week contest, keep once-weekly contact with the buddy (who is also eligible to win a prize if his now non-smoking friend does), must be willing to promptly reply to Leave the Pack Behind officials if contacted and provide a urine sample to test for tobacco and show school ID.

But while this contest may not appeal to all students who smoke, the money prize is a good incentive.

“It’s an extra push,” said Meghan Kirkpatrick, a second-year business insurance student. However, she said everyone needs to have the willpower to quit.”

Koeslag encourages smokers to quit for one other good reason.

“What better incentive to quit than to live longer?”

To register visit Health Services at the Doon campus in Room 1A102 or contact them by calling 519-748-5220, ext. 3679. For more information you can also visit the Leave the Pack Behind website at leavethepackbehind.org.

Non-smoking week makes quitting contagious

National event raises public health awareness

By SARAH MACINTOSH

Throw out your lighters and cigarettes, National Non-Smoking Week is here!

This public health education effort helps raise awareness about the dangers of smoking and helps people take control of their habit. National Non-Smoking Week 2010 began yesterday and goes until Jan. 23.

According to the Canadian Council for Tobacco Control, a recent study that was published in the New England Journal of Medicine proposes that quitting could be contagious.

Researchers found that when people in an individual’s social group quit, it inspires the individual to then quit too.

First-year general arts and science student, Kat Koch, has already taken the initiative to try and drop the bad habit.

“I’ve already started to quit smoking but I think for me it’s more for the financial issues rather the social value,” said Koch.

Tobacco products shorten your life. Also, just like primary smoking, second-hand smoke can cause death. Canadians need to be aware of the dangers and need support to help stay away from smoking.

National Non-Smoking Week has been an ongoing event for more than 30 years, as it was established in 1977 by the Canadian Council for Tobacco Control.

Every year there’s a different theme for the week and

the 2010 theme is “Quitting is contagious, pass it on!” The themes are to help inspire smokers to think about the choices they’re making and how it will affect their lives and others.

“I think the themes will help raise questions to the smokers and make them think more in depth about their decisions,” said Koch. “However, in the big picture, a smoker won’t make the decision unless they have a personal reason to.”

According to the Canadian Council for Tobacco Control, over 16 per cent of all deaths in Canada over the span of a year are related to smoking.

The good news is, in the last five years smoking has decreased at least 15.4 per cent throughout Canada.

BATTLING BOTS DUKE IT OUT ON CAMPUS

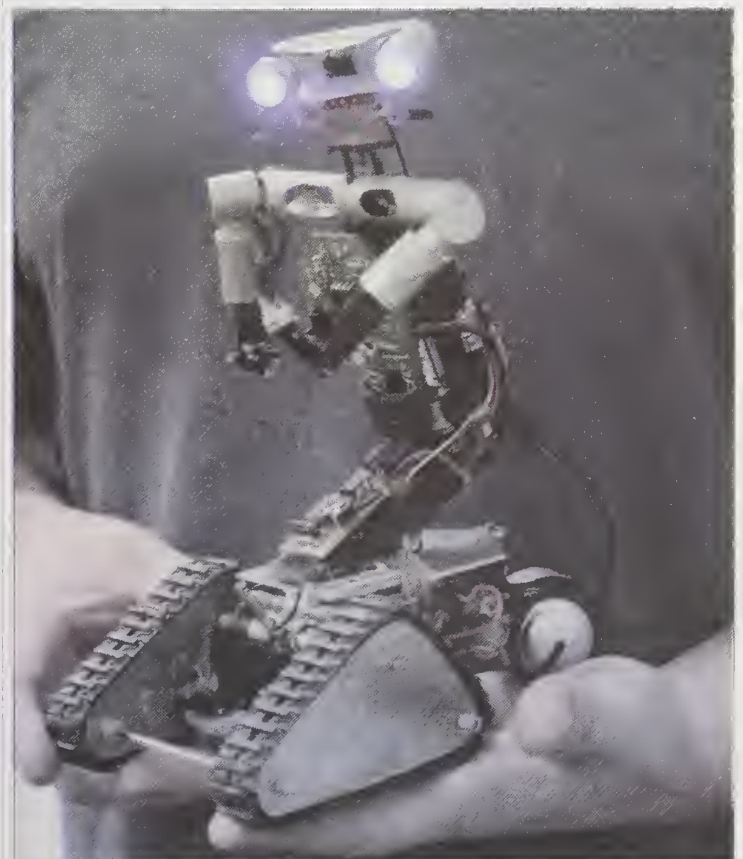


PHOTO BY ALEX COOKE

Student-built robots competed in a race recently. The most recognizable competitor was Bob Mair’s replica of Johnny 5 from the ‘80s flick, Short Circuit. See Page 7 for story and more photos.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your favourite winter outdoor activity?



"Snowshoeing. It's a good workout and you get to walk through a forest."

Rikki Crooks,
first-year
legal administration

"The only thing I'm good at is skating."

Stephanie Keeler,
first-year
legal administration



"I like to play hockey. It's something I've always played."

Nick Brewer,
first-year
broadcast television

"Tobogganing with my kids. It keeps them outside and it keeps them happy."

Jessica Walters,
third-year
accounting



"Back home, I played hockey."

Victor Palaisy,
first-year
mechanical technician

"I enjoy tobogganing. I go with friends."

Lisa Koenig,
first-year
legal administration



Smile Conestoga, you could be our next respondent!

Chinese new year has romantic twist

By **MICHELLE SOMMER**

Red roses and candy hearts that read "Be mine" are not the typical Chinese New Year-style of decor, but this year is different.

The year of the Metal Tiger, 2010, has fallen for, or rather on, Feb. 14, a date commonly recognized as Valentine's Day.

Chinese families all over the world will be celebrating this new year, some choosing to do so over a traditional 15-day period.

Curtis Chim is a student at the University of Waterloo and is vice-president of the Chinese Students Association. He knows how important the New Year's celebration is to everyone.

"Typically, there are two important customs that I think everyone does. First is a get-together dinner, typically on the night of New Year's, but it can be a little bit before. Everyone from your family "must" attend. This is the dinner during which you could probably see everyone you are even remotely related to. Large families can book up to half a Chinese restaurant," he said.

The second tradition is visiting your relatives. In China, where there are official holidays for the occasion, many make good use of this time to spend it with their family.

The Chinese believe in a cyclical calendar, which runs a 12-year cycle.

The website Edsitement explains how the zodiac signs replace numbers. "Unlike our calendar, which numbers the years progressively from a given time (the birth of Christ), the Chinese calendar is cyclical ... after the 12th year, the cycle is repeated."

There are 12 animal signs, each representing one of the years.

Chim explains how the elements work with the zodiac signs. "Together with the five elements, fire, metal etc., this brings our cycle to 60 years."

Burlesque beneficial

By **LISA BUCHER**

Why not put those monotonous crunches and squats to rest along with your dull yoga and your uncomfortable pilates, and spice up your 2010 fitness routine with burlesque, the artistic dance of cheeky seduction?

Burlesque not only provides an opportunity to learn a seductive boudoir routine and allows you to connect with your body to discover your feminine and sensual nature, it also provides an amazing core-focused workout.

Like yoga and pilates, burlesque doesn't provide a high intensity cardio workout. It consists of complex, subtle, core-based movements such as shimmies and shakes, bumps and grinds, hip circles and quivers, accompanied by some sexy music, props and your personal sass.

In order to see results and to pick up the dance techniques, Heidi Crocini, a certified sensual dance instructor who teaches weekly classes at Flo Studio in Guelph, recommends practising twice a week for at least 30 minutes along with taking a weekly class. However, if you are feeling really motivated she said, "You can get a great butt, abs

and arms in as little as 30 days, however, it will require regular daily practise."

Students first learn a sequence of movements before a chair is added to the routine, then long black gloves. "By the end we will have a full routine." Her classes are burlesque-influenced with modern dance techniques, belly dance and Egyptian belly dance, with some elements of tantric dance.

There are other benefits too. "Women find themselves gaining more confidence and openness, as well as an overall feeling of contentment," said Crocini.

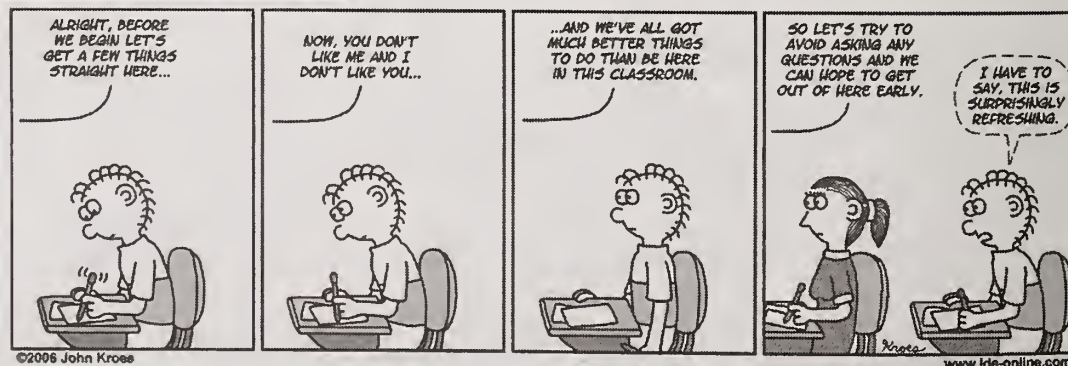
Former student, Tiffany Mitchell, said, "She is encouraging, confidently sexy and humble with a down-to-earth and playful feel to her that makes one feel comfortable going outside of their comfort zone. I loved the class for this reason and because it ignited a part of me that I have allowed to lay dormant."

Crocini's classes are every Thursday at Flo Studio in Guelph from 8:30 to 9:30 p.m. They cost \$10 a class and \$35 for four classes and her private lessons are \$30 an hour. She can be contacted at eroticmovement@gmail.com

HAVE THE SUMMER OF YOUR LIFE!

CAMP WAYNE FOR GIRLS is a children's sleep-away camp in northeast Pennsylvania (6/19-8/15/10). If you love children and want a caring, fun environment we need Counsellors and Program Directors for: Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Ropes Course, Camping/Nature, Team Sports, Waterskiing, Sailing, Painting/Drawing, Ceramics, Silkscreen, Printmaking, Batik, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-Defense, Video, Piano. Other staff: Administrative, CDL Driver (21+), Nurses (RNs and Nursing Students), Bookkeeper, Nanny. On campus interviews January 27th. Select the camp that selects the best staff! Call 1-215-944-3069 or apply online at www.campwaynegirls.com

LAST-DITCH EFFORT



©2006 John Kroese

www.lde-online.com

Marketing students build smiles

By MITCH MUIR

The smiles at Cambridge Memorial Hospital were as big as a full grown bear.

On Dec. 18, students representing the marketing program from Doon campus dropped off a gift for the holiday season: 18 Build-A-Bears.

"We, (in the retail) class, talked about it, and I asked students if they'd be interested in purchasing a product, and then we talked about possibly donating," said Dea Watson, a professor in retail marketing at Doon campus.

The students dug deep into their own pockets and came up with enough money to buy 18 bears. They originally didn't decide to donate the fuzzy friends to the hospital.

"A friend of mine works in emergency," said Watson. "We toyed with a couple of different charities, threw some names around, and the charity we chose didn't actually accept stuffed animals."

Watson and her nurse friend talked again and decided that Cambridge Memorial would love the donation. They both thought the hospital would be excited about this type of thing.

"We only have 18 bears, so we wanted to make sure it would cover pediatrics," Watson said.

The hospital had nine beds in the pediatric department, so the class decided to split the donation between the kids and

the emergency department.

Kristin Renshaw, a third-year marketing student, enjoyed the whole project.

"We thought it might be a nice idea with the Christmas season coming up to build some bears."

The bears were built at the Build-A-Bear Workshop in Fairview Mall.

Vanessa Clemmer, a third-year business administrative marketing student, believes Build-A-Bear is one of the most unique retailers around.

"Other places, you just go buy a teddy bear, so we felt when we're donating to the kids, we're putting more love into the heart (on the bears)."

In the end, she wanted the kids to feel important.

"They know someone is thinking of them and that people out there care and want them to get better and healthy."

The program is something the students want to have happen again.

"It's nice to get something at Christmas because they otherwise may not get anything," said Renshaw. "It's nice for the families to see people that care about their children in a different way."

Clemmer knows the class achieved the ultimate goal it set out to accomplish.

"I think even just holding and having that bear shows them that somebody is there and they can have that merry Christmas."



PHOTO BY MITCH MUIR

On Dec. 18, students from Conestoga College's marketing program paid a visit to Cambridge Memorial Hospital to spread some holiday cheer. The students purchased 18 stuffed bears and donated them to the pediatric and emergency departments. Vanessa Clemmer and Kristin Renshaw (in front) presented the donation on behalf of the entire program to Deborah Snider (in back) from the pediatrics department.



Complete Your Degree in Half the Time

Apply your college diploma credits towards a degree at University Canada West, and save time and money! Our innovative Finish Faster program will help you attain a **bachelor's degree in half the time** it takes at other schools! In just two years, you'll have a quality education you can be proud of.

Study part-time, full-time, on-campus or online. Working full-time shouldn't stop you from pursuing post-secondary education - flexible course schedules at UCAN make it easy to do both! Choose from a number of undergraduate and post-graduate degrees, including **BCom, BA and MBA programs**. Weekly start dates and numerous delivery options make it simple to jump into life at UCAN.

Bursaries and Financial Assistance are available to qualified college students in 2010. To learn more, speak to a UCAN admissions representative at our info table at **Conestoga College on January 22nd at 10 am**.

Visit Ontario.ucan.ca for more details.

Call Today: **1.877.431.6887**

Visit online: **ontario.ucan.ca**


UNIVERSITY CANADA
WEST

Getting past Olympic issues

By NICOLE HANNUSCH

2010 has finally arrived, and the Vancouver Olympics are finally only weeks away. Whether they will be a dream or a nightmare has been a topic of heated debate.

Anti-Olympic groups strongly oppose the Games taking place in Vancouver. They claim the land was originally settled and colonized with virtually no treaties, and therefore, the Olympics are taking place on stolen ground.

However, the Olympic committee has been extremely vigilant in involving Aboriginals. BBC news has reported First Nations head Tewanee Joseph as saying the Games would be a great opportunity for Aboriginals to be seen as entrepreneurs, business people, visual artists and performing artists with a thriving culture. They will have a \$3.5-million Aboriginal multimedia art display at the Vancouver city centre during the Olympics and the medals were designed by Aboriginal artist Corrine Hunt.

Olympic organizers have also given \$54 million in construction contracts to over 100 Aboriginal businesses, roughly 10 per cent of the \$580-million overall construction budget so far.

The \$1.7-billion Olympic budget is also heavily criticized. The 1976 Montreal Olympics instantly comes to mind for anyone who can remember the 30 years it took to pay off the debt, leaving some people worried and unwilling to risk another huge deficit.

However, the Calgary Olympics in 1988 actually had a surplus, so a deficit isn't a certainty.

One thing that hasn't faced much criticism is the Own The Podium program that was created to help Canadian athletes excel. Some were given money so they could focus exclusively on their sport instead of working as well, while others will benefit from new technology.

The Olympics should be an event where the world sets aside its differences and comes together to enjoy the challenge of sport. As the host, Canadians should embrace the overall positive experience, show off our national pride and be happy our beautiful country is being showcased to the world.

The views herein represent the position of the newspaper, not necessarily the author.



Will the \$110 million spent to support our Olympic athletes result in gold?

Colleges and union need to set a better example

Nice work College Compensation and Appointments Council and Ontario Public Service Employees' Union (OPSEU). Your immaturity during contract negotiations has surpassed what I, a 21-year-old college student, could even fathom.

And that is coming from the same guy who has never ironed his shirt, or tied a Windsor knot, and just recently discovered the pitfalls of mixing dairy and alcohol.

Insulted? Good.

You would think the same people who ask first-year students to spend their Friday afternoons sitting in an interpersonal and group dynamics (IPGD) classroom would at least select representatives who practise what they preach.

This is the same class that so eloquently (degradingly) pointed out effective communication involves speaking clearly. The class that reminded us to say "the blue bird flew away" instead of "the flew bird away blue."

Are you telling me those golden nuggets of knowledge don't have real-world appli-



Greg Cowan
Opinion

cations?

Allow me to be blunt. I don't care what the issues are.

I don't care if the teachers want to fight for their right to make what they believe is a fair wage and work what they believe is fair value for that wage.

I also understand the colleges' hands are tied. This is bad timing. We are in or just coming out of a recession depending on who you talk to. Money is tight and demand is high.

But what really grinds my gears is when one side says they want to raise workload X per cent and that will cost Y dollars, and the other side calculates remarkably different numbers.

The he said/she said gamesmanship is laughably sad.

It's the bureaucratic equivalent of drunken dad peeing in

the sandbox and blaming it on the dog. Sure mom and dad will argue, but in the end the people affected most the next morning are the kids.

The colleges say the union's demands would cost an additional \$218 million a year. The union says the cost is actually closer to \$20 million.

Did everyone go to journalism school? How can these two groups be almost \$200 million apart in their estimates? It's ridiculous.

However, at the very least I would expect two groups to be able to disagree without having to storm away from the bargaining table every month and then distort the numbers.

If not, I suggest dropping the IPGD class and forcing us to take an accounting course. At least that way we will leave college knowing how to distort numbers so they back our positions in future conflicts.

Besides, think of all the money the students would save without having to spend \$75 on an IPGD textbook. I wonder how quickly that book with its hefty price was agreed upon.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to

edit any letter

for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
N2G 4M4



SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Mitch Muir

Advertising Managers: Justine Reist and Nick Dasko

Spoke Online Editors: Gillian Webber and Greg Cowan

Production Managers: Dane Brason, Chris Batt, Nicole Hannusch and Michelle Sommer

Circulation Manager: Freeman Carter

Photo Editors: Stacey Falconer, Alex Cooke, Sarah Macintosh, Lisa Bucher, Janelle Scheifele and

Nicole Frank

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694 Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

Animal shelters face overflow

You opened me Christmas morning. You seemed so happy to see me. I wiggled and licked your face excitedly thinking I had finally found a best friend. I promised you I would never leave you as I laid beside your bed at night, making sure I kept your feet warm while you talked and laughed with friends. I made my cutest face when people came to visit and you beamed down at me when I sat so nicely. We played in the backyard everyday and you brushed my fur so gently. But now I sit in a cold cage surrounded by other animals. People walk by me everyday and I always



**Justine
Reist
Opinion**

hope it's you. But, you never come and I am stuck wondering what I did wrong to make you give me away after such a short while.

Animal shelters are facing an overflow of pets coming in since the holidays are over. People who receive pets as gifts just don't seem to know

what they are getting into. An animal isn't an iPod or a game that is meant for nothing but pure enjoyment. A pet will bring you a ton of happiness but you need to be ready to give a little to get a lot.

I have only ever been thankful to uncaring people like this once, and that was when I got my perfect puppy Juno. She had been a holiday pet and when it got too much she was turned out onto the street. At only five months old my dog was left to fend for herself and ended up behind bars at the Guelph Humane Society. Whoever gave her up does not know what he or she

is missing. She is the greatest dog I have ever owned and you are missing out on a big basket of love.

Currently, the Guelph Humane Society has 22 cats up for adoption. Twenty-two cats! And who knows how many they had to find foster homes for. Why do people see cats as an expendable item? I cannot believe the litters of kittens that end up there and the number of older cats who face a lifetimes behind bars.

Cats attach to their owners just as much as dogs do. My cat doesn't leave my side when I am home and curls up next to me at night. I could

never give my cat away.

I believe that giving a pet as a gift is one of the biggest mistakes anybody can make. Surprising someone with a pet doesn't give that person the time she needs to prepare for the animal or even really consider if she wants the pet. Because of this simple mistake thousands of animals end up on the street, locked in shelters or put down due to an overflow of animals.

Please, make sure that you can take care of any animals you decide to get and if you're thinking of giving a pet as a gift, don't. There is no return policy on animals.

Airport scanners a costly measure

Planning on travelling by airplane this year? Prepare to meet Canada's latest weapon in the war on terror.

The Canadian government has ordered 44 body scanners, which use X-ray imaging to allow airport security screeners to see a three-dimensional outline of a person's naked body. The scanners will be delivered to eight airports across the country over the next six to 10 weeks.

Supporters of the technology say it is a less invasive way of searching passengers, and will only be used on passengers selected for secondary screening at airports. Critics view the technology as an invasion of privacy that violates basic human dignity.

However, the biggest problem I see with these scanners is how the government decided to implement them. Prior to Dec. 25, 2009, airport security was not a pressing issue in Canada. Passengers were able to fly throughout the world quickly and safely, with minimal security delays.

Following the Christmas Day airline bomb plot, Transport Canada began using enhanced security measures for flights going to the U.S. These measures include such ridiculous rules as not allowing carry-on luggage for certain flights, and prohibiting bathroom usage during parts of the flight.

Although these new security measures are an inconvenience for travellers, they are a lucrative business for many companies. Each body scanner in Canada will cost taxpayers \$250,000, and airport workers will require five days of training to be able to use them properly. Rapiscan, a manufacturer of body scanners,



**Chris
Batt
Opinion**

received a \$25-million US contract to produce 150 scanners for the U.S. government.

Despite the high cost and sophisticated technology used in these scanners, they are far from foolproof. According to one manufacturer of scanners, they would not have stopped the Christmas Day bomb plot that caused the demand in the first place.

This rush for new security measures is completely out of proportion with the threat proposed. Heart attacks, cancer, stroke and other common ailments harm or kill far more people than terrorists could ever imagine. The government would save far more lives by taking the millions of dollars required to buy scanners, and use it for smoking prevention and cancer research.

What these enhanced security measures are really about is blame. No country wants to be blamed for another terrorist attack, and many are willing to spend millions of taxpayer dollars to avoid this blame.

The purchase and use of body scanners is a knee-jerk reaction to one of many air travel security threats that emerge regularly. This reactionary approach to airport security is threatening our civil liberties, while doing little to make air travel safer.


If the goal of terrorism is to spread panic and fear, the Christmas Day bomb plot was successful.

Student Life

inspire • inform • involve

is proud to host our winter...

Get INVOLVED Fair



Looking for a way to get involved on campus?

How about in your community?

Come drop by and see how you can!

Thursday January 24th
11:00am - 2:00pm
Student Life Centre

Check out all of the exhibitors including...

- Conestoga Athletics
- Conestoga Marketing
- Student Life - Conestoga
- Conestoga Students Inc.
- Alzheimer Society of K-W
- Big Brother/Big Sisters of K-W
- Canada Revenue Agency
- Canadian Diabetes Association
- Canadian Mental Health Assoc.
- Christian Horizons
- Eating Disorders Awareness Coalition

- Extend-A-Family
- Family & Children Services
- Greenway-Chaplin Community Centre
- Homer Watson House & Gallery
- Juvenile Diabetes Research Foundation
- KidsAbility
- MS Society
- Ray of Hope
- Red Cross
- St. John Ambulance
- United Way of Cambridge
- Volunteer Action Centre
- YMCA's of Cambridge & K-W

Also Proudly Featuring...

CONESTOGA STUDENTS INC.

CLUBS

**DO YOU HAVE THE
SKILLS TO COMPETE
IN THIS YEARS**

RAIL JAM?

Sign up in the CSI office, room 2A108 by January 22nd

CONESTOGA
STUDENTS INC

THURSDAY 27
JANUARY 2010

RAIL JAM

**COMPETITION
AT CONESTOGA COLLEGE**

EVENT STARTS AT NOON
OUTSIDE THE SANCTUARY.

RULES AND REGULATIONS APPLY!

RAIL JAM PROVIDED BY

 **SANCTION**

CONTACT therriot@conestogac.on.ca
FOR MORE DETAILS



Students build their own R2-D2s and CP30s

Then it's a robot race to the finish

By ALEX COOKE

Second-year robotics students gathered to show off their creatures in an informal race at Doon campus last month.

The event was an incentive to build a creative robot that could follow a black line on a track. Students were informed of the project in September.

"There are light sensors to follow the line," explained John Tielemans, program co-ordinator of mechanical engineering and technology, robotics and automation, while around 35 students cheered, and jeered, for 18 robots, with names such as Chicken Waffle, T-Racks and Schaden Freud.

The track was around six feet by three feet, with a black stripe around the centre. The students had learned how to place special sensors on their robots that look for the stripe, and follow it.

“They couldn't just buy a kit, they had to build it themselves.

— Chris Dobson

There was a point system for the round robin part of the competition, to determine who was the fastest and slowest of the bunch. The fastest were pitted against the slowest for further elimination.

"It's a free-form robot the students had to build," said Chris Dobson, who teaches robotics, electronics and programming to the second-year students. "They couldn't just buy a kit, they had to build it themselves."

Bob Mair, a mature student who came to Conestoga after a spinal injury, built the most recognizable robot in the class. His was custom



PHOTO BY ALEX COOKE

John Taylor, a second-year robotics student, created the informal competition's winner, Schaden Freud. Taylor started planning his design in September, and credited his success to the extra time he spent on the project.

designed to look like Johnny 5, a popular robot from the '80s film, Short Circuit.

"I have a life-sized one at home," Mair explained. "But he doesn't move around."

Mair has also built a life-sized Yoda and ET, which are in glass cases at his home.

"I'd say it took me four or five months to build the big Johnny 5," Mair said. "It only took me one month to build this little one."

At the end of two hours of races, the class had a winner.

John Taylor, a mature student, won the races with his entry, Schaden Freud.

"I started planning in September," said Taylor. "I think the extra time I used helped me to win."

Taylor was a truck driver before a knee injury ended that career. Through the Workplace Safety Insurance Board Taylor enrolled in the robotics program.

He said he was drawn to the program because of the exceptional jobs in the industry.

"I sort of stumbled into it," he said. "I enjoy all aspects of the program."



PHOTO BY ALEX COOKE

Second-year robotics student, Alfredo Lozano, does some last minute touches to the wheels of the D.A.G. team's robot, while around 30 of his classmates ooh and aah over each other's creations in the background.

Not too late to apply to University

Are you thinking about going to university after college?
University Visits

Inside Door #3 at the Doon Campus

University of Western Sydney/ Griffith University

Wednesday January 13, 2010

Griffith University / KOM Consultants

Information Session on Monday, January 25, 2010

from 10:00 - 11:00 in Classroom 3E31

Saginaw Valley State University

Thursday, January 21st

University Canada West

Friday, January 22nd, 2010

University of Guelph-Humber

Monday, January 25th

Algoma University

Friday, January 29th

Laurentian University

Friday, February 12th, 2010

University of Western Sydney/ Griffith University

Tuesday February 23, 2010

University of Western Sydney/ Griffith University

Thursday March 25, 2010

**Should you require assistance, please visit
the Career Resource Centre,
Student Life Centre, room 1A105 for an appointment.**

HELP WANTED

Have the summer of your life at a prestigious coed sleepaway camp in the beautiful Pocono Mountains of Pennsylvania, 2½ hours from NYC. We're seeking counsellors who can teach any Team & Individual Sports, Tennis, Gymnastics, Horseback Riding, Mt. Biking, Skate Park, Theatre, Tech Theatre, Circus, Magic, Arts & Crafts, Pioneering, Climbing Tower, Water Sports, Music, Dance or Science. Great salaries and perks. Plenty of free time. Internships available for many majors. Interviews on Feb. 3. Apply online at www.islandlake.com. Call 800-869-6083 between 9 and 5 eastern time on weekdays for more information. info@islandlake.com.

I miss TV shows from the '90s

Over the Christmas holidays I filled up on turkey, stuffing and everything else my mother threw on a plate, in hopes of giving her poor student daughter a delicious meal she would never forget. Despite the stomach ache I had afterwards, this was the life. It wasn't until I heard a popular theme song coming from the living room that I actually got up.

Memories of the early '90s flashed through my mind as I entered the room. Steve Urkel, Laura Winslow and my personal favourite, Carl Winslow, ran across the



Stacey
Falconer
Opinion

screen, fighting, as if they had never left.

The day became a complete blur to both my family and I, as we spent the remainder of it having a Family Matters marathon together, like the old days.

Later that day I became aware that television is not

what it used to be. I realized this after flipping back to my normal cable TV channels and seeing, not just the spamming of Christmas movies, but the number of shows about brutal deaths and other violence. They were accompanied by The O.C. and So You Think You Can Dance, which both seem to be replayed constantly in marathon form.

It was nice to go back to a much more simple way of life, one where Laura Winslow's biggest problem was she couldn't get on top of the pyramid with her cheerleader

friends anymore as she was "gaining weight." In response she started taking diet pills. That same day Urkel took at least five and went off his rocker.

Unlike my early bird parents, I was up until about 2 a.m. on YouTube trying to rekindle my bond with television shows from the '80s to the early '90s. Although I am a '90s baby, I grew up with two older siblings so I was familiar with references to Blossom, Step by Step, Full House, Boy Meets World and even a little Power Rangers.

My favourite show used to

be Boy Meets World. It was the mixture of Topanga Lawrence and Cory Matthews' weird relationship and the oddly familiar living room that got me.

However, the next week I spent sick as a dog so the majority of my time was spent watching my mom laugh over Eric Matthews' stupidity.

All of the episodes hit home, even if they were cheesy and cheaply made. At least the characters could act.

I wish today's shows were less violent and a little more cheesy.

BACK TO SCHOOL AND BACK TO WORK

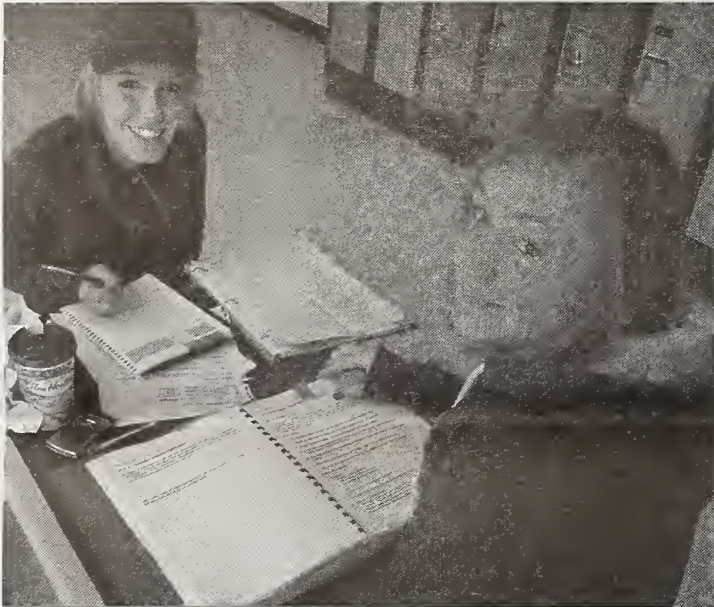
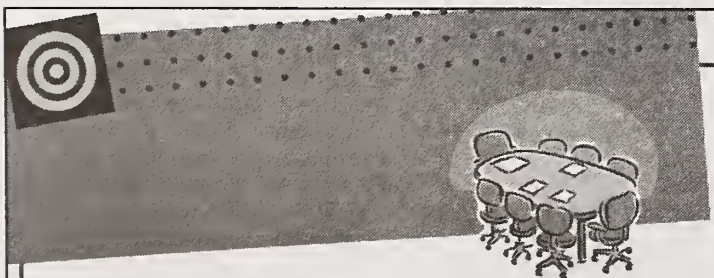


PHOTO BY GREG COWAN

It doesn't take long to get back in the groove of things. Second-year practical nursing students Shanteo Yost, front, and Melissa Lopes hit the books on the first day back to school on Jan. 11.



Rapid Résumé Review

February 1 & 2, SLC Lower Level

March 22 & 23, SLC Lower Level

April 7, SLC Lower Level

11 a.m. to 1 p.m.

Get your Résumé & Cover Letter Critiqued
Job Search Advice, Interview Support—on the spot!

Come and see us!!!!

Brought to you by:

Career Resource Centre, Room 1A105,
Student Life Centre

Hillside Inside



11 hot acts!

Ani Di Franco

HER ONLY ONTARIO APPEARANCE

Hawksley Workman

Martin Sexton • Final Fantasy

HIS ONLY ONTARIO APPEARANCE

Basia Bulat • Delhi 2 Dublin • The Rural Alberta Advantage
Bahamas • Woodhands • Socalled • Elisapie Isaac

Saturday February 6, 2010

4 to midnight • Sleeman Centre • Guelph, Ontario
Tickets \$75 • hillsidefestival.ca
ticketpro.ca • 1.866.598.4455

RESERVED SEATING
FLOOR ACCESS
WHEELCHAIR PRIVILEGES



**Hillside
Festival.ca**

ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

CANADIAN
HERITAGE

PATRIMOINE
CANADIEN

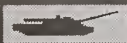
THE ONTARIO
FESTIVAL



WANTED:
TELECOMMUNICATIONS
SPECIALISTS

"In all types of missions, information can be the most powerful weapon of all. As a signal operator, I play the important role of keeping that information moving."

Corporal **JONATHAN FULLARTON**



RECHERCHONS:
SPÉCIALISTES
DES TÉLÉCOMMUNICATIONS

« Peu importe la mission, la maîtrise de l'information peut être l'arme la plus redoutable. En tant qu'opérateur des transmissions, mon rôle est donc capital. C'est moi qui fais en sorte que les informations circulent constamment. »

Caporal **JONATHAN FULLARTON**

FORCES.CA
FIGHT WITH THE CANADIAN FORCES



1-800-856-8488
COMBATTEZ AVEC LES FORCES CANADIENNES

Canada



HOROSCOPE

Week of Jan. 18, 2010



Aries
March 21 -
April 19

This weekend a Chinese conglomerate will buy the corporation where you are employed. This may or may not affect your employment.



Libra
September 23 -
October 22

You will spend this week catching up on the episodes of the new Kids in the Hall miniseries. Enjoy it but beware of its dark humour.



Taurus
April 20 - May 20

On Thursday a large marmoset will escape from a zoo and attempt to eat your tongue. Please remember that you can likely sell it to someone as a pet.



Scorpio
October 23 -
November 21

At some point this week you will be attacked by Bill Murray dressed as a zombie. Don't kill him; he is simply in costume trying to make you laugh.



Gemini
May 21 - June 21

On Tuesday a man in a yellow hat will ask you to help him find his monkey that is floating overhead using balloons. Call animal control.



Sagittarius
November 22 -
December 21

A car salesman will offer you a deal on a 2010 Saturn. There are no 2010 Saturns so he is trying to rip you off.



Cancer
June 22 - July 22

An idiot in his sedan will crash into your home because of the weather. He will say he does not need snow tires because he has all-wheel drive. Punch him.



Capricorn
December 22 -
January 19

At some point on the weekend someone will try and steal your soul using a book they checked out of the library. They deserve a punch to the nose.



Leo
July 23 - August
22

This weekend you will be astounded to see a very fast man running nude down your street as he is chased by a nude woman on a scooter.



Aquarius
January 20 -
February 18

During the week you will get a skin tag caught in a zipper, tearing it off. This will be painful but prove to be an inexpensive alternative to surgical removal.



Virgo
August 23 -
September 22

On Thursday an obese person who has decided to streak nude through the halls will crash into you.



Pisces
February 19 -
March 20

A man dressed as Luke Skywalker will hit you with a plastic lightsaber and tell you that you are not his father. Call 911.



Nick Dasko is a second-year journalism student who makes these up for your amusement.

New semester, new season of sports

By FREEMAN CARTER

With the first week of a new semester under your belt, maybe now is the time to join a Conestoga intramural team.

This semester, Conestoga students have the option of playing ice hockey, dodge ball, indoor soccer and ball hockey.

Also available, for the first time ever, is indoor co-ed touch rugby. This is a student selected intramural and its future will depend on the interest garnered this semester. However, adding a new sport means one will get the

boot. This semester, basketball will not be offered, due to waning support first semester.

First semester's championship teams included ball hockey champs Bar Down, dodge ball winners Defending Champs Tight, Pool A ice hockey champions Elora Boys and Pool B ice hockey victors Shuntz.

This is a new season though, and teams from first semester are not guaranteed a spot. Both teams and individuals are wanted, and registration forms can be printed off at www.conestogac.on.ca/recreation/sports/intra-

murals/signupsheet.pdf.

If competition isn't to your liking, new fitness classes will start on Jan. 18, while both open student skating and shinny hockey have already started up on Mondays and Thursdays from noon to 2 p.m. for skating, and shinny hockey running 2 to 4 p.m.

More information can be found at www.conestogac.on.ca/recreation/sports/intramurals/index.jsp.

If you have any questions, contact Katie McCartney at 519-748-5220, ext. 2317, or kmccartney@conestogac.on.ca.

Patriots no longer dominating

With the end of a decade comes the end of a football dynasty. Last Sunday the New England Patriots were beaten in every aspect of the game by the Baltimore Ravens. The Pats showed little fight and grit in mounting a comeback and the dominant offence of 2007, like for most of the 2009 season, did not show up. The hard-nosed, turnover-causing defence that fans are accustomed to watching saw the Ravens switch the roles between the teams.

Tom Brady played the worst playoff game of his career in throwing three interceptions and losing one fumble. The offence really felt the loss of Wes Welker and the defence, like all year, could not stop the run and could not generate a pass rush.

The golden standard



Dane
Brason
Opinion

Patriots whom we have come accustomed too throughout the past decade are no more. After two disappointing seasons, last year in which they did not make the playoffs and this year after getting bounced in the wild card round, we have seen the last of the dominating dynasty which won three Super Bowls in four years.

The offence still has the key players to become an elite offence again once Brady gets his timing back and his knee injury out of his head, but the defence has a lot of rebuilding

to do. They have lost many key players on the defensive side of the ball since their Super Bowl wins. Players such as Teddy Bruschi, Mike Vrabel, Rodney Harrison, Asante Samuel and Richard Seymour were key components to their success and their loss has really shown this season. Their secondary was taken advantage of all season and with no pass rush, the opposing quarterbacks had all day to throw the ball. Coach Bill Belichick is probably regretting his decision to trade his only proven pass rusher, Richard Seymour, to the Raiders at the start of the season. The defence no longer intimidates their opponents and for a team that won three championships with their defence, that is a sign, to quote Bob Dylan, "the times they are a changin'."

Counsellor's Corner

Welcome from
Counselling Services

To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus. As well, we encourage you to take advantage of the many services that Counselling Services have designed to help students be successful.

Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation.

Counselling is free to students, voluntary and confidential. Counsellors can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

Counselling Services; 1A101
Student Life Centre

www.conestogac.on.ca/counselling/

Canadian Diabetes Association

Today, 1 in 5 people with diabetes survives heart disease.

Help reverse the trend.
Visit getserious.ca

Sponsors:

BIRDS OF A FEATHER FLOCK TOGETHER



PHOTO BY SARAH MACINTOSH

At winter orientation on Jan. 7, students gathered in the rec centre to meet other people in their program.



PHOTO BY MICHELLE SOMMER

Despite frigid temperatures, mallard ducks still swim in the pond at Southside Park in Woodstock.

Be the difference.
RESPECT

www.conestogac.on.ca/respect



Coming to Canada allows us to share each other's cultures.
We learn from one another.

Thank You for Being the Difference

C CONESTOGA
Connect Life and Learning

Double Bubble

SHOW PAYABLE

				
 500				 BONUS
				

BUBBLE LINE PAYS x 22

Line 7 Wins 500 WIN 527 BET 20 x 1

Coin Size: 1

THINK. SORT. RECYCLE.



TAKE THE PLUNGE IN CONESTOGA'S BACK POND
IN SUPPORT OF THE CANADIAN CANCER SOCIETY
PRIZES FOR MOST MONEY RAISED, BEST COSTUME AND MOST CREATIVE JUMP!
TO TAKE THE PLUNGE VISIT THE CSI OFFICE, IN ROOM 2A106.